

## Dignity of the Nation's Supreme Court.

No more imposing entrance of a judicial body was ever devised than that of the chief justice of the supreme court into the supreme court chamber, a beautiful, semi-circular hall with a noble arched ceiling in the center of the capital building. Until the wings of the capital were completed this hall was the senate chamber and echoed in the olden time with the eloquence of Daniel Webster, Henry Clay, John Randolph and John Tyler. It is now sacred to the use of the most august secular tribunal in the world.

Across it runs a long platform with nine great armchairs, that of the chief justice slightly differing from the rest, being in the middle. Before the bench is a wide, red-carpeted space for the lawyers and beyond this are arranged around the semi-circle, red-cushioned benches for spectators. Behind the bench on which the justices sit is a large screen, or reredos, with a door in the middle.

Four chief justices have presided in the hall; Chief Justice Taney, the only Catholic chief justice in the roll; Chief Justice Salmon P. Chase, said to be the handsomest man ever seen upon the supreme bench, and one of the ablest; Chief Justice Waite, who came to this great office a man little known, but who filled the place well, and Chief Justice Fuller, whose chair was lately draped in crepe.

The supreme court chamber is as hushed and noiseless as a cathedral. The big leather-covered doors swing unheard upon their hinges. Spectators entering are required to move as quietly and to refrain from whispering or opening a book or a news-

paper. To level an opera glass at the bench, as some green tourists have dared, is a hanging crime. All of these requirements are rigidly enforced by a band of attendants who are only a trifle less imposing than the justices themselves. No voice is raised in the chamber except that of the advocates in pleading and an occasional question from the bench. By the doors stand official lynxes who watch sharply to see that order and silence are maintained.

At 11 o'clock when the court convenes the lawyers are in waiting—to be a moment late would be the unpardonable sin. There are always spectators awaiting the court sometimes anxious clients with tremendous interests involved. When the court is ready to appear an official advances and gives three thundering raps which sound like the crack of doom, and proclaims:

"The supreme court approaches."

At that all present rise, a door is opened by another functionary and the long line of justices in their robes, headed by the chief justice, is seen majestically crossing the corridors from their robing room. When they reach the wide doors, respectfully held open for them, the crier announces:

"The honorable, the chief justice and the associate justices of the supreme court of the United States."

The justices, headed by the chief justice, then enter, going behind the long screen, so that four of them may be on one side of the chief justice and four on the other. Their entrance and place on the bench are strictly regulated by seniority of service. The chief justice enters from the door in the screen, held open

for him. All mount the bench and, standing for a moment, bow ceremoniously to the right and the left, to the lawyers and spectators, all present bowing in return. The chief justice seats himself, the other justices then take their seats, the spectators sit and the court crier proclaims:

"The supreme court of the United States is now in session."

The etiquette of lawyers in the presence of the supreme court is very rigid. It extends even to their clothes. Counsel are expected to wear frock coats with black neckties, and if one should dare to appear in a sack coat in that open red-carpeted space facing the nine justices he would be tapped on the arm by a court officer and ruthlessly told to go home and dress himself properly. Some time ago a western lawyer appeared before the court without a cravat. He was promptly notified that the court declined to hear what he had to say until he was properly garbed.

In short, the supreme court must be handled with care, and at the slightest jolt something will always be heard to drop. There is a tradition that about seventy-five years ago a liberty was taken with a justice of the supreme court while on the bench. It was done by Henry Clay, and he escaped with his life. In those days justices took snuff on the bench, and Justice Bushrod Washington one day held his snuff-box open with his hand extended on the arm of his chair. Henry Clay was arguing a case, and in the midst of a slight pause he leaned forward and deliberately took a pinch of snuff from Justice Washington's snuffbox. Before the justices could recover from this awful aggression Mr. Clay proceeded to lay the whole court

out stone cold by saying blandly: "I perceive your honor still sticks to the Scotch."

The constitution of the United States has provided no adequate punishment for this terrible offense, and the justices were forced to condone it, but as Justice Washington afterward solemnly said:

"I believe Henry Clay to be the only man in the United States who would have dared to take such a liberty."

That was seventy-five years ago. Nobody has taken a liberty with the supreme court since, but a catastrophe happened at the White House during the Roosevelt administration, and shortly after the ministers of ten great nations were raised to ambassadors. It was the custom until President Taft entered the White House to give a special reception in honor of the supreme court during the official season. This had been preceded by a reception to the diplomatic corps, in which the ambassadors being the guests of honor, had precedence. It was noticed that there was a sparse sprinkling of the justices on the occasion. On the evening of the reception in honor of the supreme court the justices assembled, ready, as guests of honor, to be received by the president and Mrs. Roosevelt. To their horror, however, along came a string of ambassadors, who coolly walked in and were presented in advance of the supreme court.

But that was not the worst of it. All diplomats are fierce sticklers for precedence, and as the tail of the last ambassador's coat passed into the blue room the minister next in rank was treading on the ambassador's heels. It became impossible to check the line of diplomats who followed each other rapidly, while the

# What About Brain Food?

## This Question Came up in the Recent Trial for Libel.

A "Weekly" printed some criticisms of the claims made for our foods. It evidently did not fancy our reply printed in various newspapers, and brought suit for libel. At the trial some interesting facts came out.

Some of the chemical and medical experts differed widely.

The following facts, however, were quite clearly established:

Analysis of brain by an unquestionable authority, Geoghegan, shows of Mineral Salts, Phosphoric Acid and Potash combined (Phosphate of Potash), 2.91 per cent of the total, 5.33 of all Mineral Salts.

This is over one-half.

Beaunis, another authority shows "Phosphoric Acid combined" and Potash 73.44 per cent from a total of 101.07.

Considerable more than one-half of Phosphate of Potash.

Analysis of Grape-Nuts shows: Potassium and Phosphorus, (which join and make Phosphate of Potash), is considerable more than one-half of all the mineral salts in the food.

Dr. Geo. W. Carey, an authority on the constituent elements of the body, says: "The gray matter of the brain is controlled entirely by the inorganic cell-salt, Potassium Phosphate (Phosphate of Potash). This salt unites with albumen and by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of course, there is a trace of other salts and other organic matter in nerve fluid, but Potassium Phosphate is the chief factor, and has the power within itself to attract, by its own law of affinity, all things needed to manufacture the elixir of life."

Further on he says: "The beginning and end of the matter is to supply the lacking principle, and in molecular form, exactly as nature furnishes it in vegetables, fruits and grain. To supply deficiencies—this is the only law of cure."

The natural conclusion is that if Phosphate of Potash is the needed mineral element in brain and you use food which does not contain it, you have brain fog because its daily loss is not supplied.

On the contrary, if you eat food known to be rich in this element, you place before the life forces that which nature demands for brain-building.

In the trial a sneer was uttered because Mr. Post announced that he had made years of research in this country and some clinics of Europe, regarding the effect of the mind on digestion of food.

But we must be patient with those who sneer at facts they know nothing about.

Mind does not work well on a brain that is broken down by lack of nourishment.

A peaceful and evenly poised mind is necessary to good digestion.

Worry, anxiety, fear, hate, &c., &c., directly interfere with or stop the flow of Ptyalin, the digestive juice of the mouth, and also interfere with the flow of the digestive juices of stomach and pancreas.

Therefore, the mental state of the individual has much to do (more than suspected) with digestion.

This trial has demonstrated:

That Brain is made of Phosphate of Potash as the principal Mineral Salt, added to albumen and water.

That Grape-Nuts contains that element as more than one-half of all its mineral salts.

A healthy brain is important, if one would "do things" in this world.

A man who sneers at "Mind" sneers at the best and least understood part of himself. That part which some folks believe links us to the Infinite.

Mind asks for a healthy brain upon which to act, and Nature has defined a way to make a healthy brain and renew it day by day as it is used up from work of the previous day.

Nature's way to rebuild is by the use of food which supplies the things required.

"There's a Reason"

Postum Cereal Co., Ltd.,

Battle Creek, Mich.